



# Washington NEWS Message



Editor  
J.L. Hatch

April, 1956  
Snohomish, Wn.

Assistant Editor  
Regina Williams

## PRESIDENTS MESSAGE

ARTHUR D MANN

Another year has rolled around and convention time is here again. This is the one time of the year you can meet the MASSEURS and MASSEUSES from all over the state. Spokane is our host this year for the convention and those of you who have attended convention there before, know what wonderful host and hostess they are.

For those who have not previously attended conventions, try to come to this one, for in this way you get acquainted with other members, you help to make plans for the future of our organization, you learn new techniques, problems are discussed, etc.

Any organization is only as strong as their ACTIVE members, so for example, if we have only one fifth of our members active we cannot expect the results we wish. More active members are needed to hold offices, give us new ideas and generally help to build a bigger and better organization. We, of Washington State, if we do not become more interested in our A.A.M.M. will find that we will not have the voting strength to carry any of our resolutions that we present to the national, for other states are rapidly gaining new members and I might add, members who are not slack in donating of their time for the betterment of the A.A.M.M.

PLEASE!! Lots all show we are backing our officers by showing showing up at convention, the date and place will be found elsewhere in this issue.

## --FLASH\*FLASH--

IT HAS BEEN REPORTED THAT (DUE TO ILLNESS IN THE ORGAN CHAPTER) THERE IS A POSSIBILITY THAT THE TRI-STATE MEETING WILL BE HELD IN CONNECTION WITH THE WASHINGTON STATE CONVENTION. The Idea will be discussed at the State Executive Board meeting April 8, 1956.

WATCH THE NEXT ISSUE FOR THE FINAL DECISION.

\*\*\*\*\*

\*\*\*

\*\* NOTICE \*\*

A letter from F.E.Bloom: "THE 1956 CONVENTION OF THE WASHINGTON CHAPTER, A.A.M.M., WILL BE HELD JUNE 9 & 10th IN SPOKANE, WASH., AT THE DAVENPORT HOTEL."

## WASHINGTON EXEC'S TO MEET

A MEETING OF THE EXECUTIVE BOARD OF THE WASHINGTON CHAPTER WILL BE HELD IN THE ELTON HOTEL, ELLensburg, WASH. APRIL 8, 1956 at 2:00 P.M.

SPOKANE NEWS

Dear Mr Hatch:

The Spokane Chapter had their monthly meeting at the home of Pete Eitreim, where plans were made for the State Convention to be held at the Davenport Hotel, June 9 & 10, 1956. Committees were appointed and things are well under way for the convention. After the meeting refreshments were served by Mrs Pete Eitreim.

Sincerely, L.T. Short, President.

P.S. Here is an item written by Eitreim on arthritis which we would like to have printed in the paper. If you think that it is too long you can condense it some. (Editors note: This article was much too fine an article to be kept within our own state. It has been sent on to the national Masscur to be shared with all of our members. WATCH FOR IT THERE!)

HOW SHARP THE PANG OF REMEMBRANCE IS! --Shakespeare.

Mrs. Fern Ellis, sister of Mrs Ermel Rothgeb, of Winthrop, Wash. passed away March 20, 1956. (The Wash. Chpt. sent flowers.) Our heartfelt sympathy goes to Ermel in her hour of sorrow.

Value of A.A.M.M. Membership

John A Murry, R.M.

Recently I came to realize the true value in membership in the A.A.M.M. Not only from membership value, but from the friendships made as a member of this great Association. It came about in this way. The past two years I have been practicing a seven-day-a-week routine. I have been having pains in the left arm and chest. I suspected angina pectoris. A visit to the cardiologist checked me out O.K., but he suggested I take one day a week off and have some of our own therapy, scientific massage, and some form of moist heat. He called it occupational neuritis. When members of our Association learned of my pains etc., and was in need of massage therapy, Mr Hatch came down from Snohomish, and relieved me of my Saturdays at the Wash. Athletic Club. The Niedfelts called and asked me to make their home my home, for a few days while he gave me some treatments. Regina Williams offered to give me of her busy time, when ever she could work me in. Arthur Dunbar offered to take me along with his busy days, my co-workers at the Club gave my shoulder local treatments when ever they had time.

By getting Sat, to rest and relax at home, where I had the use of whirlpool, steam cabinet, etc., with Blossom Guntly's very capable hands applying scientific massage, I was soon on the road to recovery. I am glad our Association is made up of such fine, wonderful people. A very worthwhile organization from a friendship stand point alone.

MAY GOD BLESS THEM. Fraternally, John A Murry

\*\*\*\*\*

Have you ever received a testimonial letter? If you have, send it on to the editor. A few testimonials in a future edition can be a boost to our profession. Here is one received by:

Mr Hatch: Four weeks ago I came to you with a very poor circulation. I hoped massage might relieve it a bit. My entire right side was numb at night, also my right arm. Now after seven treatments the numbness has left entirely. A chronic bronchial condition has eased considerably also. This is to express my satisfaction with your treatments. I will continue with them for some time yet.

Sincerely, Mrs P. Lehman

SLOGAN; A SATISFIED CLIENT IS OUR FIRST CONSIDERATION!

## P.R.CANADAY SPEAKS

Most of us have some particular special technique we use. I specialize in reclining electric moist heat sweat cabinet. I feel this is a must if you expect to do the best for your patient. There can't be to much said about the care of the skin, as it is one of the most important organs of elimination. Unless my customers will take the sweat and tub bath first, I refuse to treat them, for I insist on an balanced treatment. No one organ suffers without others suffering with it. When you clean house you don't stop with the bedroom. You clean every room. Our bodys are far more important than our homes or cars, but they are far mor<sup>e</sup> neglected.

In support of what I believe I quote Adolphus Hohensee, M.D. , D.C. , N.D., Scranten, Pa. , who taught medicine two years. "The perspiration is an excretion that eliminates waste or acid, the larger portion is water. The evaporation of which is an important part of the cooling system of the body, to let off some of the heat continually being produced by combustion. Each sweat gland is enclosed in a network of blood vessels which discharge into it some of their load of poison waste in a manner similar to the way the kidneys do. If the pores should cease to remove perspiration for a day , the person would die of his unremoved wastes. If the kidneys should cease to remove the acid ash waste from the body for about 24 hours, life would cease. Now I hope you will see why I believe in profuse sweating . It is unexcelled in the removal of these wastes. I have found out that just as surely as the body needs a balanced diet, so does it need a balanced treatment, if sick to restore it to normal health again. By this I mean we need heat, water, electricity, massage and food therapy these are all given us of God and He expects us to use them in our ministry to others. We all talk about building our A.A.M.M. , which is right and very important. The best way to do this is to boost the value of what we have to sell, in the way of caring for the sick and suffering humanity, in our art of healing, nature's way. Don't make big claims of what you can do . Wait until you have done it and have a living testimony to back it up.

### Important to A.A.M.M. Members

I have something on my mind: Libary material for public reading on the lines of Massage and its worth. We are missing a vital link in our profession. You can go where you will in cities large or small to the libiaries and ask for a good book on Massage and you will probley get a strange look with the answer, "No, I'm sorry". In case one is available it will probley be just a few pages with little value in our line. You can get books of every other stripe , but the one most needed is one devoted to what we stand for. Every other healing art is available, and we wonder why the public don't know more about massage. We should compile good articles from case historys, of our own findings. A book of this kind would be used by most of our profession in their offices and reading racks. This could be arranged and sold through ournational A.A.M.M. , the proceeds going to our A.A.M.M. The libraries would be eager to stock such a book. This too, would unite our efforts and build our profession financlly . Lets stop burying our talents, lets let the world know what and the why of massage. why not show what we can and have done with our techniques. Lets all contribute to a book of exchange of ideas .

The bible says we will have the sick with us always, so lets show them what nature has for them.

Just food for thought.

'(Editors note: Condensed from three letters from Canaday.)

O R E G O N N E W S  
(South of the Columbia, Down Oregon way)

In spite of the inclement weather, a nice attendance was had at the last bi-monthly meeting of the Oregon Chapter. As usual, visitors exceeded the regular membership, for which we are truly ashamed. After a short discussion on dates for the Tri-State Convention it was agreed to hold same an April 27 28 29 in Portland. (We have since had to give up the convention because of illness in the chapter. )

A practical demonstration of the Jaccuzzi Whirlpool Bath was given by Mary Altman, our newest member, with mrs. Kolb, a visitor, acting for the demonstration. In addition, an interesting talk on the Massage Laws as acted upon by the last legislature, was given by Mr B Lair, of the St. Board of Health, which was most helpful. Following the talk by Mr. Blair a super-delectable luncheon was given by our hostess, Dr. Jennie Cotner. This is the second occasion in which Dr. Cotner has come to the rescue of a meeting place.

Hence, let it be known to all and sundry, that the next meeting of the Organ Chapter will be held in the Community Hall in Dundee, Ore. Sunday May 13, 1956, at 1:30 P.M. Said meeting place was selected by yours truly, there being no other sponser available at the time. Dundee Community Hall is located in the center of town. Those without transportation please make arrangements with those going, for a ride. Dundee located just 27 miles south of Portland, on highway 99-W.

By now, most everyone has a copy of the 1956 Registry and Year Book, which to this writer's oponion was a credit to those in charge of it's publication and the Association. Several comments on the Oregon Chapters half page were gratefully received.

I'll be 'sueing ya' soon,  
C.A.Tyler Sec-Treas. Ore. Chpt.

Probably one of the most difficult things for people to do is to "change their ways" and so it is with Masseurs. When we look over the few years of our A.A.M.M. we find that some of us have made quite a few changes. Sure-- we have made mistakes --but we have gone forward and made progress. Our organizational leaflets say "We get much farther together". Again we are adding another triumph to our meetings: the tri-state meeting, but we have planned it at a poor time of the year, making too many meetings too close together. People are creatures of habit. If we set a precedent, then always afterward others copy after this. It is so easy to follow the habit of setting "poor dates" for meetings. WE want our meetings planned as efficiently as possible. The Wash. Convention has a "regular" time: the first of June. This has become tradition. The tri-state meeting was planned so that the bad cold weather would be over and traveling more pleasant for the Idaho group. However, we believe, that a bit of study of this problem of setting a meeting date is in order so that we can all meet and have a good profitable time as a matter of regular procedure. When we consider the date for the next tri-state meeting we must be careful to consider the conditions in Idaho, Organ and Wash. We must work out a better meeting date lest "poor dates" become a habit.

By Milton Niedfelt at the request of the Seattle Local. What about a fall meeting, Say Oct., then all three states could have a complete report on the national convention and plann out our comming years work? ( Ruth Williams)

UNQUIET MEALS MAKE ILL DIGESTIONS\*\*\*-William Shakespeare